



Dermal Filler Aftercare

Simple steps for the smoothest recovery and the best possible result.



THE FIRST 24 HOURS

Hands off: avoid touching, pressing, or massaging treated areas unless your injector directs you to

Stay cool: skip strenuous exercise, saunas, hot tubs, tanning, and prolonged heat — elevated heart rate and heat increase swelling

Cool compress: a clean, cloth-wrapped ice pack for 10 minutes on / 10 off during the first few hours eases swelling

Avoid alcohol and, unless medically required, blood thinners such as aspirin, ibuprofen, fish oil, and vitamin E — they worsen bruising

Stay upright 4–6 hours after lip or under-eye treatment; sleep face-up with your head elevated the first night

Keep it clean: no makeup over injection points until the next day; use clean hands and a gentle cleanser

For discomfort: acetaminophen (Tylenol) is preferred over NSAIDs during the first 24–48 hours

DAYS 1–7

Swelling and tenderness typically peak around 24–48 hours, then settle over the first week; lips and under-eyes swell the most. Bruising is common and fades in 5–10 days — arnica (topical or oral) and cool compresses can speed this along, and mineral makeup may be worn over closed skin after day one. Sleep face-up with your head elevated for 2–3 nights, stay well hydrated, and cleanse gently without scrubbing. Wait 48 hours before light exercise and about a week before facials, chemical peels, laser, massage, or dental work (including cleanings) — dental pressure and bacteria can disturb fresh filler.

WHAT'S NORMAL

Temporary firmness, small soft lumps, tightness, itching at injection points, and mild asymmetry while each side settles at its own pace. HA results refine over about 2 weeks as the gel integrates and draws water; Sculptra® looks subtle at first and builds over 6–12 weeks per session; RADIESSE® gives immediate support that keeps improving as collagen forms. Judge your true result at the two-week mark, not day two.

CALL US PROMPTLY IF YOU NOTICE

Within hours—days: blanching (white patches), dusky, mottled, or net-like discoloration, severe or increasing pain, or skin that is cool to the touch — possible signs of a vascular issue that needs same-day treatment. **Any vision change is an emergency:** call us and seek immediate care. **Days—weeks:** spreading redness, warmth, pus, fever, or a lump that is growing, red, or painful. These events are rare, and quick action protects your result and your skin — call us first, any hour.

YOUR FOLLOW-UP & RESULTS TIMELINE

Book a two-week check-in so your injector can assess the settled result and plan any refinement — small touch-ups are normal and part of getting it right. Photos at each visit help track your progress. Sculptra® series sessions are typically spaced 4–6 weeks apart; maintenance timing for HA fillers and RADIESSE® depends on the product and area treated (see your Dermal Filler Guide).

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Questions or concerns? Call or text anytime.
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